

## Heat Stroke Is Sneaky

**H**eat stroke is sneaky and is the most serious heat-related illness.

Heat stroke occurs when the body is exposed to an excessive amount of heat and becomes unable to dissipate the heat through sweating. It can happen on a summer beach or in a hot, confined area. Symptoms include hot, dry skin; a rapid, strong pulse; and dizziness. When heat stroke happens, the body's temperature rises rapidly. The critical stage can arrive within minutes, and a 106° temperature is possible. If emergency treatment is not provided, the result may be death or permanent disability. Protect yourself from the sun, stay hydrated, and don't sleep deeply on a hot summery beach! **Myth:** An open window is enough to prevent heat stroke of a person or animal left in a hot car.



## Internet Seniors May Have the Edge

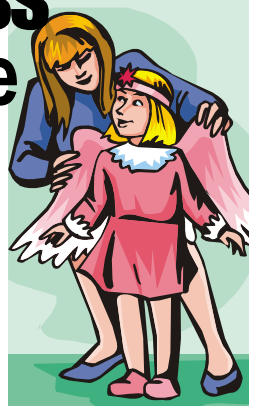
**C**ould grandma or grandpa moving from the TV to the computer screen be a good thing for helping improve cognitive agility and maintenance of brain functioning? UCLA researchers conducted MRI tests on middle-age and older adults (some with Web surfing experience and some without) while having them explore the Internet. The experienced Web surfers showed markedly more brain neural network activity, suggesting that Web surfing, like other activities such as crossword puzzles and mental teasers, might help preserve brain function.

Source: UCLA Newsroom; search [www.newsroom.ucla.edu](http://www.newsroom.ucla.edu)



## Economic Stress and Child Abuse

**P**revention of child abuse is always an important issue. But, when the economy slumps, the risk of child abuse increases. Stressors such as unemployment and lost savings can contribute to the loss of patience with younger children. Could you use support to maintain your cool? Prevention can be as simple as putting yourself in a "time out!" Counting to 10 or taking deep breaths can help you regain composure. Counseling or parenting classes can also prove valuable. Ask your EAP or professional counselor about available resources.



## Are You a Respectful Worker?

**R**espect in the workplace takes on new meaning during a tough economy, especially since resigning to find another job may not be possible. Consider altering personal habits that may have a disrespectful impact. Dropping a note on a subordinate's desk that says only, "See me!" could be reworded to say, "Please stop by my office." Instead of commenting about the messy person who used the microwave in the staff room, perhaps you could voluntarily wipe up the spaghetti sauce splatters. Think about your effect on others and what you can do to improve workplace respect. We're all in this together, so team up to promote an environment in which effective relationships and camaraderie rule.



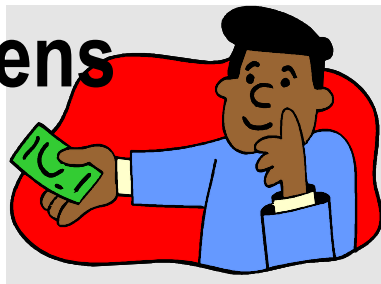
## Disagreeing with the Boss

**M**ost bosses are willing to listen to different ideas offered by subordinates. You may feel differently, however, if your approach to disagreement with your boss gets in the way of having your idea accepted. If current struggles exist in your relationship with the boss, the following steps can be effective. Self-awareness and self-discipline are the keys to making your approach work. 1) Make a quick mental analysis of your disagreement. Does it have a clear rationale? 2) Since your goal is acceptance of an idea or a better way of doing something, avoid treating your boss like an opponent or launching into a declaration of your disagreement. 3) Ask for permission (e.g., "May I offer an idea for doing this differently?"). This is a negotiating skill that few employees master. It doesn't demonstrate a lack of assertiveness but promotes interest by the listener, which is the pathway to acceptance. 4) Present your idea by sharing your thoughts and line of thinking and then present the conclusion and a different approach, option, or solution to the problem you believe is worth considering. Ask for your supervisor's reaction to your idea or suggestion. Notice how this approach to disagreement places importance on your desire for an effective relationship with your supervisor ahead of your desire to gain acceptance for your opinion. This creates a winning approach.



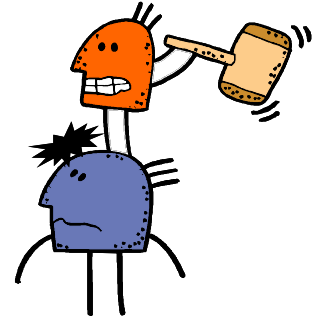
## Teaching Teens about Debt

**H**elp your children to grow up and be savvy about the hazards of debt and credit. Consider starting by keeping track of pocket change and learning lessons of managing a savings account. Be cautious, however, if you decide to co-endorse a debit or credit card. There is an explosion in teen-created debt, and only 26% of teens know how finance charges on credit cards work. Internet vendors are aware of this fact, making the teen market a key target for them. Note: Most teens still can't pass the National Financial Literacy Challenge, a 35-question financial competence exam offered by the U.S. Department of the Treasury at the recommendation of the President's Advisory Council on Financial Literacy. The average score for 2008 was only 48%, the lowest in its 10-year history.



## Are Your Headaches from Stuffing Anger?

**A**nxiety, allergies, smells, and hormonal changes can all be headache triggers. According to psychology researcher and migraine treatment expert, Robert Nicholson, Ph.D., anger is more responsible for people's headaches than anxiety. Yet, anger management may be one of the least suggested treatment approaches for those who suffer from chronic headaches. People who suppress anger may find headache relief by examining their anger management skills. Admitting to an anger management issue is not an easy thing to do. Everyone must manage this human emotion. It's normal to get angry, but society doesn't treat it that way. This may explain why anger management is pursued less often than other treatments. If you suffer from chronic headaches, consider examining your anger management style more closely. Your employee assistance professional or health care provider will provide an assessment or helpful referral.



## Compulsive Buying Can Be Beat

**D**o you find shopping at the mall fun? Many people do. But, do you find shopping and spending **intensely exciting**, and have you linked shopping activity to feelings of happiness or empowerment? Do you use shopping to change or improve your mood? These feelings can be so strong that a compulsive pattern emerges for some people. Compulsive buying, an addiction-like behavior, is followed by feelings of anxiety, guilt, and stressful behavior, such as hiding purchases. If this sounds familiar, don't put off getting help. Stopping compulsive buying and getting your sanity back may take more than simple willpower. Don't let denial and embarrassment stand in your way of getting help. Contact your EAP or health care provider to learn more.

